

VISIT...

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STANDARD RECIPE CARD

RECIPE NAME:

CREAM OF CHICKPEA SOUP

OTHER NAME:

CREMA DI CECI

QUANTITY PRODUCED: 1.5 LT.

FILE NO.: ITALY 1

DATE :10/10/96

PORTION SIZE : 250 MILS

RESTAURANT :

NUMBER OF PORTIONS : 6 PAX

PORTION COST PRICE :

COUNTRY : ITALY

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
1 1/2 cup dried	CHICKPEAS	300	GRAM		
Light	MEAT STOCK	1.5	LT.		
	OLIVE OIL	30	GRAM		
Chopped	GARLIC CLOVES	2	EACH		
Chopped fresh	ROSEMARY	10	GRAM		
Peeled chopped	TOMATOES (PLUM)	300	GRAM		
	SALT	6	GRAM		
	WHITE PEPPER	3	GRAM		

PROCEDURE :

1. Soak the chick peas for two hours and then simmer in the light beef stock,
2. In a pan add the olive oil, garlic, rosemary and tomatoes,
3. Sauté and then add the chick peas and simmer for 30 minutes,
4. Check the seasoning and consistency and serve hot.

STANDARD RECIPE CARD

RECIPE NAME:

ONION AND ALMOND SOUP

OTHER NAME:

CREMA DI CIPOLLE ALLE SPEZIE

QUANTITY PRODUCED: 1.5 LT.

FILE NO.: ITALY 2

DATE :10/10/96

PORTION SIZE : 250 MILS

RESTAURANT :

NUMBER OF PORTIONS : 6 PAX

PORTION COST PRICE :

COUNTRY : ITALY

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Virgin	OLIVE OIL	20	GRAM		
Thinly sliced	ONIONS	6	EACH		
	CHICKEN STOCK	1.5	LT		
Powdered	ALMONDS	180	GRAM		
Ground	CINAMON	5	GRAM		
Grated	NUTMEG	5	GRAM		
	COOKIES	30	GRAM		
	SALT	10	GRAM		
	WHITE PEPPER	4	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

POLENTA DUMPLINGS WITH MUSHROOM SAUCE

OTHER NAME:

GNOCCHI DI POLENTA CON FUNGHI

QUANTITY PRODUCED : 18 PIECES	FILE NO.: ITALY 3	DATE :10/10/96
PORTION SIZE : 75 GRAM	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Yellow	CORNMEAL	270	GRAM		
	BUTTER	90	GRAM		
Or button mushrooms	PORCINI MUSHROOMS	300	GRAM		
Whipping	CREAM	120	ML		
	SALT	10	GRAM		
	WHITE PEPPER	4	GRAM		
Freshly grated	PARMESAN CHEESE	90	GRAM		

PROCEDURE :

1. Boil the polenta in plenty of salted water until it has thickened,
2. Remove, season and cool on a tray
3. Sauté the mushrooms in butter and add cream, reduce and season,
4. Cut the polenta into circles and dip into Parmesan,
5. Pan-fry in the remaining butter and top with the creamed mushrooms,
6. Garnish with chopped fresh herbs.

STANDARD RECIPE CARD

RECIPE NAME:

POLENTA DUMPLING WITH SAGE AND BUTTER

OTHER NAME:

GNOCCHI POLENTA ALLA SAHRIA

QUANTITY PRODUCED : 18 PIECES	FILE NO.: ITALY 4	DATE :10/10/96
PORTION SIZE : 55 GRAM	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Yellow	CORNMEACHL	270	GRAM		
	SALT	10	GRAM		
Unsalted	BUTTER	90	GRAM		
Fresh	SAGE LEAVES	20	EACH		
Grated	PARMESAN CHEESE	90	GRAM		

PROCEDURE :

1. Boil the polenta in plenty of salted water until it has thickened,
2. Remove, season and cool on a tray
3. Cut into circles, dip into the Parmesan and cook in butter until golden brown,
4. Add the sage leaves to the butter and serve poured over the polenta circles.

STANDARD RECIPE CARD

RECIPE NAME:

LASAGNE WITH ASPARAGUS SAUCE

OTHER NAME:

LASAGNE AGLI ASPARAGI

QUANTITY PRODUCED :	FILE NO.: ITALY 5	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	FLOUR	300	GRAM		
	EGGS	2	EACH		
Cooked	SPINACH	60	GRAM		
FOR THE SAUCE:	ASPARAGUS SPEARS	36	EACH		
Virgin	OLIVE OIL	15	GRAM		
Unsalted	BUTTER	30	GRAM		
	FLOUR	30	GRAM		
	MILK	900	ML		
Fresh, grated	PARMESAN CHEESE	90	GRAM		
	SALT	10	GRAM		
	WHITE PEPPER	5	GRAM		
Diced	SMOKED HAM	180	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

MUSHROOM AND PEACH SOUP

OTHER NAME:

MINESTRA DI FUNGHIE PISELLI

QUANTITY PRODUCED :	FILE NO.: ITALY 6	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Fresh	BUTTON MUSHROOMS	90	GRAM		
	HAM	90	GRAM		
Light	MEAT STOCK	1.5	LT		
Freshly skinned	PEACHES	90	GRAM		
	TAGLIERINI	90	GRAM		
	SALT				

PROCEDURE :

- 5.
- 6.
- 7.

STANDARD RECIPE CARD

RECIPE NAME:

MINESTRONE SOUP WITH PESTO

OTHER NAME:

MINESTRONE AL PESTO

QUANTITY PRODUCED :	FILE NO.: ITALY 7	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Dried grated	NORTHERN BEANS	120	GRAM		
Dried	PORCINI MUSHROOMS	30	GRAM		
Globe	ARTICHOKES	2	EACH		
	LEMON JUICE	1	EACH		
	OLIVE OIL	120	ML		
Chopped	ONION	1	EACH		
Chopped, fresh	PARSLEY	15	GRAM		
White part only	LEEK (THINLY SLICED)	1	EACH		
Diced	CELERY STALK	1	EACH		
Diced	CARROT	1	EACH		
Diced	ZUCCHINI	1	EACH		
Peeled, diced	POTATO	1	EACH		
Freshly shelled	PEACHS	210	GRAM		
	SALT & PEPPER				
Arborio	RICE	300	GRAM		
Small	BASIL LEAVES	30	EACH		
Freshly grated	PECORINO CHEESE	30	GRAM		
Freshly grated	PARMESAN CHEESE	60	GRAM		
	GARLIC CLOVE	2	EACH		
	PINE NUTS	50	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

CREAM OF SPINACH SOUP WITH HAZELNUTS

OTHER NAME:

PASSATO DI SPINACI ALLE NOCCISLE

QUANTITY PRODUCED :	FILE NO.: ITALY 8	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Shelled	HAZELNUTS	90	GRAM		
Fresh	SPINACH STALKS	1.2	KG		
Unsalted	BUTTER	30	GRAM		
	FLOUR	30	GRAM		
	MILK	240	ML		
Grated	NUTMEG	5	GRAM		
Light	CHICKEN STOCK	1	LT.		
	SALT	10	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

BAKED PASTA WITH ARTICHOKES

OTHER NAME:

PASTA E CARCIOFI GRATINATI

QUANTITY PRODUCED :	FILE NO.: ITALY 9	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Juice	LEMON	1	EACH		
Small	ARTICHOKES	6	EACH		
Unsalted	BUTTER	60	GRAM		
	RIGATONI	450	GRAM		
	EGGS	2	EACH		
Whipping	CREAM	480	ML		
	SALT & PEPPER				
Pinch of grated	NUTMEG		PINCH		
Cut into narrow strips	HAM COOKED	180	GRAM		
Grated	PARMESAN CHEESE	120	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

BAKED PASTA WITH AUBERGINE

OTHER NAME:

PASTA CON MELANZANE E BASILICO

QUANTITY PRODUCED :	FILE NO.: ITALY 10	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Chopped	ONION	1/2	EACH		
Fine chopped	GARLIC	2	EACH		
Virgin	OLIVE OIL	90	MLS		
Peeled chopped	TOMATOES	900	GRAM		
Deep fry	OLIVE OIL				
Slice crosswise	AUBERGINES	300	GRAM		
Unsalted	BUTTER	30	GRAM		
	FLOUR	30	GRAM		
	MILK	480	ML		
Grated	PARMESAN CHEESE	120	GRAM		
	SALT & PEPPER				
Short	PASTA	450	GRAM		
Handful	FRESH BASIL LEAVES				

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

PENNE WITH RAISINS AND ALMONDS

OTHER NAME:

PANNE ALL URETTA

QUANTITY PRODUCED :	FILE NO.: ITALY 11	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Golden	RAISINS	90	GRAM		
Blanched	ALMONDS	90	GRAM		
Whipping	CREAM	240	ML		
	SALT				
Short	PASTA	600	GRAM		
Unsalted	BUTTER	60	GRAM		
Sweet	PAPRIKA	5	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

POTATO RAVIOLI

OTHER NAME:

RAVISLI DI PATATE

QUANTITY PRODUCED :	FILE NO.: ITALY 12	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	FLOUR	300	GRAM		
	EGGS	3	EACH		
	FOR THE FILLING :				
Peeled, thinly sliced	POTATOES	450	GRAM		
Thinly sliced	LARGE ONION	1	EACH		
Virgin	OLIVE OIL	120	ML		
Fine chopped	ROSEMARY	30	GRAM		
	SALT & PEPPER				
Chopped	BACON	60	GRAM		
Ricotta	CHEESE	240	GRAM		
Grated	PARMESAN CHEESE	60	GRAM		
Yolks	EGGS	2	EACH		
Grated	NUTMEG	3	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

BAKED ROGATONI WITH PEPPERS

OTHER NAME:

RIGATONI AI PEPERONI

QUANTITY PRODUCED :	FILE NO.: ITALY 13	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Large sweet	PEPPER	6	EACH		
Virgin	OLIVE OIL	105	MLS		
Chopped	GARLIC CLOVE	2	EACH		
Peeled, chopped	TOMATO	600	GRAM		
Rinsed	VINEGAR/SALT	90	GRAM		
Stored	BLACK OLIVES	90	GRAM		
Fine dried	BREADCRUMBS	90	GRAM		
Dried	OREGANO	15	GRAM		
	SALT & PEPPER				
	RIGATONI	450	GRAM		
UNSALTED	BUTTER FOR DISH				

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

RIGATONI WITH TOMATO AND RICOTTA SAUCE

OTHER NAME:

RIGATONI AL POMODORO E RICOTTA

QUANTITY PRODUCED :	FILE NO.: ITALY 14	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Virgin	OLIVE OIL	45	MLS		
Chopped	GARLIC CLOVE	3	EACH		
Chopped, plum	TOMATO	900	GRAM		
	SALT & PEPPER				
	RIGATONI	450	GRAM		
Ricotta	CHEESE	240	GRAM		
Chopped, fresh	BASIL LEAVES	30	GRAM		
Freshly, grated	PARMESAN CHEESE	45	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

MUSHROOM RISOTTO

OTHER NAME:

RISSOTTO AL FUNGHI

QUANTITY PRODUCED :	FILE NO.: ITALY 15	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Button	MUSHROOM	60	GRAM		
Light	MEAT STOCK	1.5	LT		
Unsalted	BUTTER	120	GRAM		
Chopped	ONION	30	GRAM		
Arborio	RICE	600	GRAM		
Threads	SAFFRON		PINCH		
Fresh, grated	PARMESAN CHEESE	90	GRAM		
	SALT & PEPPER				

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

TOMATO AND BASIL RISOTTO

OTHER NAME:

RISOTTO AL POMODORO E BASILICO

QUANTITY PRODUCED :	FILE NO.: ITALY 16	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Peeled	TOMATOES	900	GRAM		
	SALT & PEPPER				
Virgin	OLIVE OIL	90	MLS		
Chopped	ONION	1	EACH		
Chopped	CARROT	1	EACH		
Chopped	CELERY STALK	1	EACH		
Arborio	RICE	600	GRAM		
Chopped, fresh	BASIL LEAVES	30	GRAM		
Freshly grated	PARMESAN CHEESE	90	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

VEGETABLE RISSOTTO

OTHER NAME:

RISOTTO ALLE VERDURE

QUANTITY PRODUCED :

FILE NO. : ITALY 17

DATE :10/10/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS : 6 PAX

PORTION COST PRICE :

COUNTRY : ITALY

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Light	CHICKEN STOCK	1.2	LT		
Unsalted	BUTTER	120	GRAM		
Fresh, chopped	ONION	1	EACH		
Diced	CARROT	2	EACH		
Arborio	RICE	450	GRAM		
White	WINE	120	GRAM		
Frozen	PEACHS	180	GRAM		
Diced	GREEN BEANS	180	GRAM		
Grated	PARMESAN	90	GRAM		
Chopped	PARSLEY	2	EACH		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

ARTICHOKE AND POTATO SOUP

OTHER NAME:

LUPPA DI PATATE E CARCISFI

QUANTITY PRODUCED :	FILE NO.: ITALY 18	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Globe	ARTICHOKE	900	GRAM		
Juice	LEMON	1	EACH		
Virgin	OLIVE OIL	4	TBSP		
Fine chopped	ONION	1	EACH		
Peeled, thinly chopped	POTATO	900	GRAM		
Peeled, chopped	TOMATO	300	GRAM		
Dried	AREGANO	1	TSP		
Light	MEAT STOCK	1.5	LT		
	SALT & PEPPER				

PROCEDURE :

- 1.
- 2.
- 3.
- 4.

STANDARD RECIPE CARD

RECIPE NAME:

POTATO CROQUETES WITH HAM AND MOZZARELLA

OTHER NAME:

CROCCHETTE DI PATATE

QUANTITY PRODUCED :	FILE NO.: ITALY 19	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Boil	POTATO	600	GRAM		
Warm	MILK	120	MILS		
	EGGS	3	EACH		
	WHITE PEPPER	5	GRAM		
	SALT	10	GRAM		
Diced	MOZZARELLA CHEESE	120	GRAM		
Fine chopped	COOKED HAM	120	GRAM		
	FLOUR	60	GRAM		
Fine, dry	BREADCRUMBS	180	GRAM		
Deep fry	VEGETABLE OIL	100	MILS		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

SPAGHETTI OMELETTE

OTHER NAME:

FRITTATA DI SPAGHETTI

QUANTITY PRODUCED :	FILE NO.: ITALY 20	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	EGGS	3	EACH		
	PASTA WITH SAUCE	300	GRAM		
	SALT	8	GRAM		
	BLACK PEPPER	4	GRAM		
Virgin	OLIVE OIL	15	MILS		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

BREAD, ONION AND HAM PIE

OTHER NAME:

OASTICCIO DI CIPOLLE AL PROSCIUTTO

QUANTITY PRODUCED :	FILE NO.: ITALY 21	DATE :10/10/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Virgin	OLIVE OIL	45	MLS		
Thinly sliced	ONION	1	EACH		
	SALT & PEPPER				
Sliced	BREAD	6	EACH		
	MILK	240	ML		
	EGGS	4	EACH		
Pinch of grated	NUTMEG				
Unsalted	BUTTER				
Chopped	COOKED HAM	180	GRAM		
Grated	PARMESAN CHEESE	90	GRAM		

PROCEDURE :

- 1.
- 2.
- 3.

STANDARD RECIPE CARD

RECIPE NAME:

TOMATO AND NOODLE SOUP

RECIPE NAME:

PESTO GENOVESE

QUANTITY PRODUCED :	FILE NO. : ITALY 22	DATE :22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS : 10	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	FAT	50	GRAM		
	LEEK	150	GRAM		
	ONION	100	GRAM		
	CARROT	80	GRAM		
	POTATOES	100	GRAM		
	CELERY	50	GRAM		
	CABBAGE	50	GRAM		
	STOCK	3	LT.		
Diced	TOMATOES	100	GRAM		
	FINE EGG NOODLE	100	GRAM		
	PESTO	60	GRAM		

PROCEDURE

1. Chop leek, onion, carrot, potatoes, celery and cabbage into very fine pieces.
2. Sauté leek and onion in fat. Add other chopped vegetables and continue to sauté.
3. Add stock and tomatoes. Simmer for 1 hour.
4. Add egg noodles and continue cooking for 20 minutes.
5. Prepare pesto by combining olive oil, garlic, marjoram and basil and pounding until a smooth mass.
6. Add pesto to soup. Adjust seasoning.

STANDARD RECIPE CARD

RECIPE NAME:

CHEESE AND BREAD SOUP

OTHER NAME:

ZUPPA MILLE FANTI

QUANTITY PRODUCED :	FILE NO. : ITALY 23	DATE :22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	WHITE BREADCRUMBS	100	GRAM		
	PARMESAN CHEESE	50	GRAM		
	EGGS	3	EACH		
	CHOPPED PARSLEY	30	GRAM		
	STOCK	3	LT.		

PROCEDURE

1. Blend breadcrumbs, parmesan cheese, egg and parsley.
2. Add small amounts of the mixture gradually to the stock and stir for with a whisk.
3. Cover and let stand for 6 minutes.
4. Stir before serving.

STANDARD RECIPE CARD

RECIPE NAME:

BEEF AND CHEESE SOUP

RECIPE NAME:

ZUPPA PAVESE

QUANTITY PRODUCED :	FILE NO. : ITALY 24	DATE :22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	STRONG BEEF BROTH	3	LT.		
	EGGS	10	EACH		
	TOASTED BREAD SLICES	10	EACH		
	GRATED CHEESE	150	GRAM		

PROCEDURE

1. Portion boiling beef broth into individual bowls.
2. Break 1 egg into each bowl.
3. Place toasted slice of bread, that has been sprinkle with grated cheese on top of soup and gratin.
4. Sprinkle with meat juice.

STANDARD RECIPE CARD

RECIPE NAME:

MINESTRONE SOUP

RECIPE NAME:

VEGETABLE AND NOODLE SOUP

QUANTITY PRODUCED :	FILE NO. : ITALY 25	DATE : 22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	FAT	50	GRAM		
Diced	BACON	100	GRAM		
Sliced	ONION	100	GRAM		
Sliced	LEEKs	150	GRAM		
Sliced	CARROTS	100	GRAM		
Sliced	CELERY	100	GRAM		
Sliced	SAVOY CABBAGE	200	GRAM		
	TOMATO PUREE	40	GRAM		
	STOCK	4	LT.		
Sliced	POTATOES	200	GRAM		
	RICE	30	GRAM		
Broken	SPAGHETTI	30	GRAM		
Diced	TOMATOES	100	GRAM		
	BARLITTO BEANS	50	GRAM		
	PESTO	60	GRAM		

PROCEDURE

1. Sauté bacon, onion and leek in the melted fat until tender.
2. Add the onion, leek, carrot and cabbage and sauté.
3. Add tomato puree and stock and simmer for 1 hour.
4. Add potatoes, rice spaghetti, tomato and barlotti beans and continue to cook for 30 minutes.
5. Make a pesto by combining the bacon fat, garlic, marjoram and basil.
6. Pound the ingredients together until smooth paste is formed. Seasoning.
7. Add pesto to the soup before serving.

STANDARD RECIPE CARD

RECIPE NAME:

PESTO SAUCE

QUANTITY PRODUCED :	FILE NO. : ITALY 26	DATE :22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY :	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	GARLIC	4	CLOVE		
	SALT	1.5	GRAM		
	FRESH BASIL	60	GRAM		
Finely Chopped	PINENUTS	25	GRAM		
	OLIVE OIL	120	MLS		
Grated	PARMESAN CHEESE	60	GRAM		

PROCEDURE

1. Gently wash the top leaves of the basil plant and pat dry.
2. Place into a mortar with a pinch of salt (to retain the green colour) ,and add the pinenuts and garlic.
3. Crush all the ingredients, gradually adding parmesan until a smooth paste is achieved. (Add extra parmesan if required)
4. When the paste is smooth, add in 30 - 40 mls more olive oil, mixing well with a wooden spoon.
5. Pesto is now ready for serving.

Note :

- Walnuts can be substituted for pinenuts, and parsley can be substituted for basil.

STANDARD RECIPE CARD

RECIPE NAME:

ANTI-PASTA

RECIPE NAME:

MIXED PLATE

QUANTITY PRODUCED :	FILE NO. : ITALY 27	DATE :22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL

PROCEDURE

1. Take enough of the following and arrange them separately on a large platter or tray:
2. Haloumi (full cream Turkish style fetta). Slice haloumi and serve it with dried figs.
3. Hippie Iti (ewes milk cheese). Slice it and serve slices of tomato in between each slice of cheese.
4. Dress with garlic vegetables.
5. Bocconcini sliced with chopped black and stuffed olives sprinkled over it.
6. Red and Yellow Pepper - the skin charred over flame and washed off under cold water, cored , seed and sliced thinly. Mix with capes and a little Balsamic vinegar Taste and season with pepper and salt.
7. Dry roasted Pumpkin or Squash cut into bite sizes pieces. Dress with lemon juice and salt.
8. Pour over a little hot vegetable oil that has had yellow mustard seeds fried until they pop.
9. Slice Pears dressed in lemon juice garnished with mint leaves and a little sugar.
10. Large mushrooms- roasted in a hot oven on a tray with garlic, thyme, olive oil, pepper and salt.
11. Small Radishes and snow pea sprouts well washed, drained and serve on sea salt.
12. Avocados-stoned, sliced and mixed with a little thin homemade mayonnaise or creme fraiche and grapefruit segments.

STANDARD RECIPE CARD

RECIPE NAME:

VITELLO TONNATO CARPACCIO

QUANTITY PRODUCED :	FILE NO. : ITALY 28	DATE :22/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	VEACHL	600	GRAM		
	TOMATO COULIS	100	MIL		
	TUNA FISH	100	GRAM		
	OLIVE OIL	100	MIL		
	LEMON JUICE	1	EACH		
	CORIANDER SEEDS	10	GRAM		
	OREGANO	5	GRAM		

PROCEDURE

1. Place the meat in the freezer for two hours.
2. Slice the meat as thin as possible and place on cold serving plate.
3. Put the tomato coulis, tuna fish, olive oil, lemon juice, coriander seeds, oregano, a bit of chopped garlic, salt and pepper in a mixing bowl.
4. Mix well and pour over the meat. Serve at once.

STANDARD RECIPE CARD

RECIPE NAME:

POTATO GNOCCHI 1

QUANTITY PRODUCED :	FILE NO. : ITALY 29	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	IDAHO POTATO (LARGE)	680	GRAM		
	EGG YOLK	2	EACH		
	SALT TO TASTE				
	NUTMEG	TASTE			
	CROYERE CHEESE	170	GRAM		
	FLOUR	85	GRAM		
	BUTTER	30	GRAM		

PROCEDURE

1. Bake the potatoes at 350° C for 1 hour, peel and pass through a food mill.
2. Mix the egg yolks, salt, nutmeg and cheese together.
3. Add the mashed potatoes, then the flour a little at a time until the dough is mixed and firm enough to roll.
4. Roll the dough into small cylinders about 1.5 inch in diameter.
5. Cut into 5-inch lengths and roll against a separated board.
6. Drop into simmering salted water and poach for 5 minutes.
7. Serve with sauce of choice.

STANDARD RECIPE CARD

RECIPE NAME:

FILETO SAUCE FOR PASTA

QUANTITY PRODUCED :	FILE NO. : ITALY 30	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	OLIVE OIL	30	MLS		
Finely chopped	CLOVE GARLIC	2	EACH		
Finely chopped	ONIONS	2	EACH		
	SALT	1.5	GRAM		
	OREGANO	1	GRAM		
Fresh	BASIL	7	GRAM		
	RED PEPPER FLAKES	1	GRAM		
Peeled, seeded and chop	TOMATOES	675	GRAM		
	SUGAR	5	GRAM		
Freshly ground	BLACK PEPPER	5	GRAM		

PROCEDURE

1. Heat the oil in a saucepan, add the garlic and sauté for 1 minute.
2. Add the onions, then the salt, oregano, basil and pepper flakes.
3. Next, add in the tomatoes and sugar and simmer uncovered for 30 minutes.
4. Check for seasoning and finish with the pepper.
5. Check to not overcook this sauce, as it should be fairly light.
6. Extra garlic and basil can be added to the sauce, then 120 mls red wine and 60 mls masala wine can be added and simmer for 10 minutes.
7. Finish this pasta dish with 45-gram butter, 1/2 the sauce and 60-gram parmesan cheese.
8. Remainder of the sauce to be served separately.

STANDARD RECIPE CARD

RECIPE NAME:

BEEF BOLOGNAISE

QUANTITY PRODUCED :	FILE NO. : ITALY 31	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	BUTTER	30	GRAM		
Chopped	ONION	155	GRAM		
Finely chopped	CELERY	70	GRAM		
Finely chopped	CARROT	354	GRAM		
	DOUBLE MINCED BEEF	560	GRAM		
	WHITE WINE	120	MLS		
	TOMATO PASTE	60	GRAM		
Peeled, seeded and chop	TOMATOES	500	GRAM		
Chopped	PARSLEY	4	GRAM		
Chopped	EACH SAGE, OREGANO, MAJORAM	4	LEAVES		
	BOUQUET GARNI	15	EACH		
Chopped	BASIL	2	SPRIG		
	BLACK PEPPER	3	GRAM		
Freshly grated	NUTMEG	½	GRAM		
	SALT	5	GRAM		

PROCEDURE

1. Melt the butter in a thick-based saucepan.
2. Add the vegetables and sauté until lightly browned.
3. Add the ground meat, mixing and frying until all the lumps are broken down and has started to colour.
4. Add the tomato paste and fry for 10 more minutes.
5. Add the white wine and cook until all has evaporated.
6. Add tomatoes and some beef stock and simmer for 2 1/2 to 3 hours stirring occasionally until most of the liquid has evaporated.
7. Add the parsley, bouquet garni and the herbs.
8. Adjust the seasoning, adding fresh ground black pepper and salt.

STANDARD RECIPE CARD

RECIPE NAME:

POLLO CON LIMONE PANNA

OTHER NAME :

CHICKEN WITH LEMON AND CREAM

QUANTITY PRODUCED :	FILE NO. : ITALY 32	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	OLIVE OIL	45	MILS		
Finely chopped	SMALL ONION	35	GRAM		
	CHICKEN PIECES	1300	GRAM		
	SALT	7	GRAM		
Ground	BLACK PEPPER	3	GRAM		
Finely chopped	ROSEMARY	30	GRAM		
Finely chopped	GARLIC	4	CLOVE		
Use medium sweet	WHITE WINE	45	MILS		
	LEMONS	2	NO		
	CREAM	3/4	CUP		

PROCEDURE

1. Put the oil in a large non-stick frying pan.
2. Set pan on a medium heat and add the onion. Cook 2 minutes then put the chicken joints on top.
3. Cook until golden brown turning often (about 15 minutes), make sure the heat is not too high or the onion will burn.
4. When the chicken is well browned, sprinkle on salt and pepper and half the rosemary and garlic.
5. Cook 1 minute, turning the pieces of chicken in the seasoning.
6. Pour on the wine and cook for 3-4 minutes until it has evaporated, then pour on the strained juice of 1 lemon.
7. Turn the heat to low and cook gently, adding 2-3 tablespoon of water from time to time to keep the chicken moist, until the chicken is tender (it'll take about 3/4 of an hour and about 1/2 cup of water).
8. Sprinkle on the rest of the rosemary and garlic and the strained juice of lemon of the second lemon, then mix in the cream.
9. Cook 2-4 minutes more, or until the creamy juices have thickened slightly (don't over reduce the juices).
10. Dish onto a plate and serve with hot buttered noodles and a crisp tossed garden salad.

STANDARD RECIPE CARD

RECIPE NAME:

NAPOLI SAUCE

QUANTITY PRODUCED :	FILE NO. : ITALY 33	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Very ripe	TOMATOES	1	KG		
	LIGHT STOCK	1	LT.		
Fresh	BASIL LEAF	10	NO		
Fresh	OREGANO LEAVES	4	NO		
	BAY LEAVES	2	NO		
Chopped	GARLIC	4	CLOVE		
Sliced	ONIONS	90	GRAM		
	CAYENNE PEPPER	½	GRAM		
	SALT AND PEPPER	5	GRAM		
	WHITE PEPPER	3	GRAM		

PROCEDURE

1. Sauté the onions and garlic in a little olive oil until brown
2. Add all the other ingredients. Simmer gently until the sauce begins to thicken.
3. Remove the bay leaves and puree in a blender
4. Season to taste

STANDARD RECIPE CARD

RECIPE NAME:

POLPETTINE

QUANTITY PRODUCED :	FILE NO. : ITALY 34	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS : 6 PAX	PORTION COST PRICE :	
COUNTRY : ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Minced	VEAL AND PORK	600	GRAM		
Lightly beaten	LARGE EGG	1	EACH		
Crushed	GARLIC	1	CLOVE		
	SALT	2.5	GRAM		
Freshly grated	BLACK PEPPER	3	GRAM		
Freshly grated	NUTMEG	¼	GRAM		
Finely chopped	MARJORAM	5	GRAM		
Grated	PARMESAN CHEESE	1/2	CUP		
Fresh	BREADCRUMBS	1/2	CUP		
Finely chopped	MORTADELLA SAUSAGE	45	GRAM		
Cut into cubes	FRENCH LOAF	1	EACH		
Cut into cubes	GRUYERE CHEESE	150	GRAM		
OIL GLAZE	OLIVE OIL	30	MILS		
Crushed	GARLIC	1	CLOVE		
Freshly ground	BLACK PEPPER	3	GRAM		
	LARGE SPRING MARJORAM	1	NO		

PROCEDURE

- Put the minced veal and pork in a bowl, break up with a large fork and beat the egg, garlic, salt, pepper, nutmeg, marjoram, parmesan cheese, breadcrumbs and mortadella.
- Blend thoroughly then shape into 32 ovals with wet hands, putting them on a tray as they are shaped.
- Cover, the chill 2 hours (or overnight) to firm
- Make 16 skewers with the following ingredients; a cube of cheese, a second meatball and another cube of bread
- When all are prepared, cover and refrigerate until cooking time (the skewers can be prepared several hours before cooking them)
- Mix the oil glaze ingredients together in a small bowl.
- Gently brush the skewers with the oil glaze and cook on an boiled barbecue plate over a medium heat.
- Don't be alarmed when the cheese melts and oozes-scrape it back into shape as you turn the skewers, it turns crisp and golden and is part of the charm of these skewers.
- Cook until the meat is browned and cooked through; you will need to test one.
- Mortadella and ham give the meat the impression that is not cooked through because both turn very pink when cooked.
- Serve hot. Make 16 skewers.

STANDARD RECIPE CARD

RECIPE NAME:

PASTA TWISTS WITH CREAM AND CEPES

OTHER NAME:

FUSILLI ALLA PANNA CON PORCINI

QUANTITY PRODUCED :

FILE NO. :

DATE :23/11/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS :

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	FUSILLI (PASTA TWISTS)	400	GRAM		
	OLIVE OIL	1	TBSP		
	SALT				
	FRESHLY GROUND BLACK PEPPER				
	PINT SINGLE CREAM	150	ML		
	DRIED PORCINI(CEPS),SOAK, DRAINED AND CHOPPED	50	GRAM		
	BUTTER	50	GRAM		
	PARMESAN CHEESE, GRATED	50	GRAM		

PROCEDURE

1. Cook the pasta in a large pan of stHdily boiling water until *al dente* with the olive oil and 1x 5ml spoon/ 1 teaspoon salt.
2. Meanwhile, warm the cream in a double saucepan together with the porcine.
3. In a separate pan, melt the butter over low heat, and stir in the Parmesan cheese.
4. Drain the pasta thoroughly, and transfer to a heated tureen. Pour over the cream and butter sauces, toss well, season with black pepper, and serve immediately.

STANDARD RECIPE CARD

RECIPE NAME:

TAGLIATELLE PAGLIA e FIENO

OTHER NAME:

TAGLIATELLE 'STRAW AND HAY'

QUANTITY PRODUCED :

FILE NO. :

DATE :23/11/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS :

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	OLIVE OIL	2	TSBP		
	BUTTER	25	GRAM		
	SMALL ONION, CHOPPED	1	EACH		
	CARROT, CHOPPED	1	EACH		
	LEACHN MINCED BEEF	200	GRAM		
	PANCETTA (BECON), CHOPPED	50	GRAM		
	PINT RED WINE	150	ML		
	DRIED PORCINI (CEPS), SOAKED, DRAINED AND FINELY CHOPPED	25	GRAM		
	CONCENTRATED TOMATO PUREE	1	TSB		
	SALT,FRESHLY GROUND BLACK PEPPER				
	BAY LEAF/CELERY	1			
	GARLIC, FINELY CHOPPED	1	CLOVE		
	CHICKEN LIVERS, CHOPPED	3			
	EGG TAGLIATELLE	200	GRAM		
	SPINACH TAGLIATELLE	200	GRAM		
	PARMESAN CHEESE, GRATED				

PROCEDURE

1. Heat together 1 tablespoon oil and butter in a pan, and gently cook the onion, carrot and celery (chopped) until softened but not brown, stirring occasionally.
2. In a separate pan, cook the minced beef over low heat until all fat runs out; stir occasionally.
3. Drain well, then add the vegetables. Stir in the pancetta and pour the wine over. Cook until this has evaporated, then add the porcine and tomato puree, diluted with a little water.
4. Season with salt, add the bay leave and garlic and cook, covered, over low heat for about 30 minutes until meat is done, adding a little water to prevent the sauce from drying out if necessary. About 5 minutes before the end of the cooking time add the chicken livers to the sauce.
5. Meanwhile, cook the pasta in a large pan of steadily boiling water until *al dente* with the remaining oil and 1 teaspoon salt. Drain the pasta thoroughly, transfer to a heated serving dish, and sprinkle with pepper and Parmesan cheese. Pour the sauce and serve immediately with more Parmesan cheese.

STANDARD RECIPE CARD

RECIPE NAME:

PENNE CON PROSCIUTTO e PISELLI

OTHER NAME:

PENNE WITH PROSCIUTTO AND PEACHS

QUANTITY PRODUCED :

FILE NO. :

DATE :23/11/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS :

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	PENNE(NIB-SHAPED PASTA)	400	GRAM		
	OLIVE OIL	1	TBSP		
	SALT, FRESHLY GROUND BLACK PEPPER				
	BUTTER	50	GRAM		
	LEACHN PROSCIUTTO (ITALIAN RAW HAM), CUT INTO STRIPS	100	GRAM		
	FRESH PEACHS	100	GRAM		
	PINT DOUBLE CREAM	150	ML		
	PARMESAN CHEESE, GRATED				

PROCEDURE

- 1) Cook the pasta in a large pan of stEACHdily boiling water until *al dente* with the olive oil and 1 tEACHspoon salt.
- 2) MEACHnwhile, melt the butter in apan, and gently cook the prosciutto and pEACHs for about 5 mins to heat through, stirring occionally.
- 3) Warm the cream gently in a double boiler. Drain the pasta thoroughly, and transfer to a heated tureen.
- 4) Stir in the prosciutto and pEACHs, sprinkle with the Parmesan cheese, pour over the cream, toss well, and season with black pepper. Serve immediately.

STANDARD RECIPE CARD

RECIPE NAME:

TIRA MISU

OTHER NAME: BILL MARCHETTI

QUANTITY PRODUCED :

FILE NO. :

DATE :22/11/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS :

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	SPONGE CAKE	400	GRAM		
	WHOLE EGGS	3	NO		
	CASTOR SUGAR	1	CUP		
	DOUBLE ESPRESSO COFFEE	500	ML		
	MARSALA	3	SHOTS		
	STREGA	1.5	SHOTS		
	BRANDY	1	SHOTS		
	MASCARPONE	450	GRAM		
	CHOCOLATE CHOPPED TO BRUNOISE	150	GRAM		
	COCOA POWDER				

PROCEDURE

- 1) Make up the soaking liquid by combining the coffee, Strega, one shoot of the Marsala and half a cup of sugar in a bowl. Cut the sponge into strips and soak in this liquid. In a large copper bowl, combine the eggs, 1/2 cup sugar, the brandy and 2 shots of Marsala. Whisk this sabayon over boiling water till a thick ribbon is formed, then continue to whisk over the ice until cool. Meanwhile beat the mascarpone with an electric beater until light. Very gently mix the two together taking care to keep the mixture light and fluffy.
- 2) Place half of the soaked sponge in a deep 25 cm serving bowl. Sprinkle with half chocolate, and then spread half the sabayon and mascarpone mix over this. Layer again the rest of the sponge, the remaining chocolate and the remaining sabayon mascarpone mix. It should fill the bowl to the top.
- 3) Sprinkle fresh sifted cocoa powder over the surface. **Important tips for making tira misu;** Sabayon has to be cooked slowly, incorporating as much air as possible. When assembling, all the ingredients should be very cold. When combining the sabayon and mascarpone be careful not to collapse the air out of the mixture. Sponge should be very moist before assembling the dish.

STANDARD RECIPE CARD

RECIPE NAME:

QUESO NAPOLITANO

OTHER NAME: CREAM CHINESE FLAN

QUANTITY PRODUCED :

FILE NO. :

DATE :22/11/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS :

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	SUGAR	200	GRAM		
	CHICKEN EGG	4	PCS		
	PACKAGES CREAM CHEESE	3	GRAM		
	SWEETENED CONDENSED MILK	1	CAN		
	FRESH MILK	300	GRAM		
	VANILLA EXTRACT	2.5	GRAM		

PROCEDURE

1. Heat sugar in a medium skillet over medium high. Heat until melted, cLEACHr and light brown.
2. Stir occasionally so that sugar will melt evenly.
3. Spoon syrup over the bottom and around sides of a 1 1/2 quart glass baking dish.
4. Set aside to cool.
5. Preheat oven to 325°F (165°C).
6. Combine and cream cheese in a blender until smooth.
7. Add remaining ingredients. Blend just until combined.
8. Pour into prepared baking dish.
9. Place in a large pan. Add boiling water to come half way up sides of dish.
10. Bake 1 hour until knife inserted in a flan come out cLEACHn.
11. Flan may still quiver in center. Remove from water and cLEACHn on rack for 1 hour.
12. Cover and refrigerate. To serve, invert onto a platter. Make 8 servings.

STANDARD RECIPE CARD

RECIPE NAME:

SUGOLI

QUANTITY PRODUCED :

FILE NO. :

DATE :23/11/96

PORTION SIZE :

RESTAURANT :

NUMBER OF PORTIONS :

SELLING PRICE :

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	SWEET BLACK GRAPES(PREFERBLY SEEDLESS)	700	GRAM		
	PLAIN FLOUR	2	TSBP		
	CASTOR SUGAR	2	TSBP		
	TOPPING				
	CREAM				
	MASCARPONE OR IF UNAVAILABLE CREAM)				
	GROUND CINNAMON				
	SWEET CRIPS BISCUITS FOR SERVING				

PROCEDURE

1. Take the grapes off the stalks and wash and dry them with a cloth.
2. Puree the grapes through a mouli-legumes, extracting as much juice as possible without crushing the seeds (the seeds are very bitter; that's why you can't press the grapes).
3. Put half the grape juice in a saucepan and sieve over the flour.
4. Mix it in with a small whisk. Add the sugar to the rest of the grape juice then blend into the mixture in a saucepan.
5. Stir over a gentle heat until it thickens, then cook gently for 5 minutes stirring with a whisk.
6. Pour into a serving bowl or individual glasses and leave to cool.
7. When cool transfer to the refrigerator and chill for 4 hours or longer.
8. Mix a little cream with the mascarpone with regular cream whip it softly)
9. Spoon it on top of the puddings in blobs then sieve over a little cinnamon.
10. Serve immediately with crisp biscuits.

STANDARD RECIPE CARD

RECIPE NAME:

CASSATA GENOISE BASE (PART ONE)

QUANTITY PRODUCED :	FILE NO. :	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	EGG YOLKS	5	NO		
	SUGAR	50	GRAM		
	EGG WHITES	3	NO		
	SUGAR	30	GRAM		
	FLOUR	40	GRAM		
	COCOA POWDER	15	GRAM		
	RUM				
	CHOCOLATE LAYER				
	DARK CHOCOLATE	220	GRAM		
	CREAM	600	ML		
	EGG	2	NO		
	RUM	4	TSBP		
	VANILLA ESSENCE, TO TASTE				
	FINELY GRATED ZEST OF AN ORANGE				

PROCEDURE

1. To make the Genoise, beat yolks with 50-g sugar till white and fluffy.
2. Beat egg white to stiff peaks with 30 g sugar.
3. Fold sifted flour and cocoa into the yolk mixture.
4. Fold in the beaten whites.
5. Pour mixture into a greaseproof-lined 30-cm cake tin or flan dish with removable base. Spread it evenly across the base.
6. Bake at 230 oC till cooked (5-10 minutes only). Cool cake and brush with rum to taste.
7. To make the cassata layer, boil together the 200-g sugar and water until it register 110-116 °C (softball stage) on a sugar thermometer. Do not let it go beyond this stage.
8. Meanwhile, beat the egg whites to soft peaks then, continuing to beat trickle in the syrup very, very slowly.
9. Keep beating until all the syrup has been incorporated and meringue is cool.
10. Separate bowl, beat the cream with 50g sugar to soft peak.
11. Gently whisk in the lemon juice then fold the cream mixture into the meringue with a balloon whisk. Fold in the fruit and nuts and freeze.

STANDARD RECIPE CARD

RECIPE NAME:

CASSATA GENOISE BASE (PART TWO)

QUANTITY PRODUCED :	FILE NO. :	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	SELLING PRICE :	

CODE	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL

PROCEDURE

1. You may only want to use as little as half a cassata- it depends on how deep you want the finished cake to be and leftover cassata in another container.
2. Remember to leave enough space at the top of the tin for a thin layer of chocolate ice cream.
3. Melt the chocolate by stirring it into the cream over heat.
4. Cool but do not allow to set. Beat the eggs with the rum and vanilla until forthy, then incorporate into the chocolate cream
5. . Finally add the orange zest.
6. This ice cream is best churned and then spread across the cassata layer, but if you do not have a churn it can be well chilled then poured on to the cassata layer and frozen.
7. To serve the cake, remove from the freezer and cut into wedges.
8. Serve each wedge with a little pile of fresh strawberry coulis alongside.
9. The cake is at its best if allowed to soften at room temperature for a little while. Serve 16.

STANDARD RECIPE CARD

RECIPE NAME:

CAPPUCCINO OF COFFEE MOUSSE (PRT 1)

QUANTITY PRODUCED :	FILE NO. :	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	PLASTIC CUP	1	EACH		
	DARK CHOCOLATE (COUVERTURE)				
Decoration	WHITE CHOCOLATE				

PROCEDURE

1. Purchase a suitable plastic cup and coat twice with dark chocolate (couverture).
2. Let it set for 30 minutes in the refrigerator until cup slide off without pressure.
3. Decorate with white chocolate.

STANDARD RECIPE CARD

RECIPE NAME:

CAPPUCCINO OF COFFEE MOUSSE (PRT 2)

QUANTITY PRODUCED :	FILE NO. :	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	COFFEE MOUSE;				
	MILK	1	LT.		
	SUGAR	350	GRAM		
	GELATINE	26	GRAM		
	COFFEE POWDER	30	GRAM		
	COFFEE LIQUOR	100	GRAM		
	WHIPPED CREAM	850	GRAM		
	YOLK	200	GRAM		

PROCEDURE

1. Pour the boiling milk into the yolk mixture. Stir well together.
2. Return to the heat and cook gently to the rose state.
3. Add coffee powder liquor and gelatine together.
4. Let it cool and mix into the chocolate cups and refrigerate for an hour before serving.

STANDARD RECIPE CARD

RECIPE NAME:

CAPPUCCINO OF COFFEE MOUSSE (PRT 3)

QUANTITY PRODUCED :	FILE NO. :	DATE :23/11/96
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	DARK CHOCOLATE SAUCE;				
	WATER	1	LT.		
	SUGAR	250	GRAM		
	DARK CHOCOLATE	250	GRAM		
	COCOA POWDER	125	GRAM		
	ICING SUGAR	125	GRAM		
	BUTTER	60	GRAM		

PROCEDURE

1. Put water first. Then add all the ingredients to boil and reduce and let it simmer for 10 minutes.
2. Whisk occasionally. When cold, spread 45 grams over the plate and arrange the cup.

STANDARD RECIPE CARD

RECIPE NAME:

FRESH BASIL AND TOMATO SOUP

QUANTITY PRODUCED :250Mls	FILE NO.:ITA 1	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	VEGETABLE STOCK	1	LT		
Peeled	TOMATOES	2	KG		
	TOMATO PUREE	500	GRAM		
Puree in oil	GARLIC	50	GRAM		
Add to garlic	OLIVE OIL	75	MLS		
	BASIL LEAVES	30	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
	SALT	15	GRAM		
	CREAM	100	MLS		

PROCEDURE :

1. Peel and roughly chop the tomatoes,
2. Add to pan with the tomato puree and simmer,
3. Cook off the garlic with no colour and add to the tomato soup,
4. Blend and season with salt and cracked pepper,
5. Add the basil leaves last, checking on the sweetness of the dish, as the basil leaves will make sweet,
6. Add no onions to this dish or bay leaves.
7. Cream is an option.

STANDARD RECIPE CARD

RECIPE NAME:

LENTILS MIXED WITH SEASONAL VEGETABLES

QUANTITY PRODUCED :	FILE NO.:ITA 2	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Chop	CARROTS	2	EACH		
Chop	ONIONS	2	EACH		
Chop	CELERY	80	GRAM		
Peel	TOMATOES	2.2	KG		
Chop	LEEKES	1	EACH		
Peel and Chop	POTATO	220	GRAM		
Peel and Chop	SWEET POTATO	60	GRAM		
	BAY LEAF	3	EACH		
	OREGANO	5	GRAM		
Soak overnight	BROWN LENTILS	1	KG		
	OLIVE OIL	110	GRAM		
	VEGETABLE STOCK	2	LT		
Cracked	BLACK PEPPER	10	GRAM		
	SALT	15	GRAM		

PROCEDURE :

1. Soak the lentils overnight,
2. Cook all the vegetables of in the olive oil without colour,
3. Add the vegetable stock and simmer,
4. Add the lentils and simmer until cooked
5. Add the bay leaves and oregano and season,
6. Serve

STANDARD RECIPE CARD

RECIPE NAME:

BROCCOLI FLEURETTES WITH CHAR GRILLED VEGETABLES

QUANTITY PRODUCED :	FILE NO.:ITA 3	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	PORTION COST PRICE:	
COUNTRY: ITALY	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Blanch	BROCCOLI	900	GRAM		
Slice and Salt	EGG PLANT	900	GRAM		
Whip	RICCOTA CHEESE	450	GRAM		
Crack and roast	GARLIC	30	GRAM		
	OLIVE OIL	200	MLS		
	RED CAPSICUM	180	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
	SALT	15	GRAM		
	FRESH THYME	15	GRAM		
	ZUCCHINI	300	GRAM		
Sliced and roasted	ALMONDS	45	GRAM		
As a pesto	BASIL	90	GRAM		
Pesto	RED WINE VINEGAR	60	MLS		

PROCEDURE :

1. Blanch and chill the broccoli,
2. Slice and salt the eggplant and grill on the char grill along with the zucchini,
3. Whip up the ricotta cheese into a cream, (can add 1/2 Philly cream)
4. Grill the red capsicums and place in the olive oil flavoured with garlic.
5. Lay some of the ricotta onto the plate then the zucchini and add the eggplant,
6. Top with the broccoli and decorate with the red capsicums.
7. Garnish with fresh herbs and add the juice from the olive oil around the plate
8. Top with roasted almonds and a pesto made from red wine vinegar
9. Serve at room temperature.

STANDARD RECIPE CARD

RECIPE NAME:

WARM SPINACH SALAD SERVED WITH LEEK

QUANTITY PRODUCED :	FILE NO.:ITA 4	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Wash and rough cut	SPINACH LEAVES	120	GRAM		
	SUN-DRIED CAPSICUMS	200	GRAM		
	BALSAMIC VINEGAR	200	MLS		
Smoked	PARMESAN CHEESE	450	GRAM		
Chopped	LEEK	300	GRAM		
	OLIVE OIL	150	MLS		
	SALT	15	GRAM		
Cracked	BLACK PEPPER	10	GRAM		

PROCEDURE :

1. Make sure the spinach is well washed,
2. Add olive oil to a pan and toss the spinach leaves in it,
3. Add the balsamic vinegar and flambe quickly, season.
4. Place onto the serving plate.
5. Spinach can also be plated and then topped with the dressing,
6. Smoke the parmesan cheese in-house and slice into shavings,
7. Blanch the leeks and add to garlic olive oil from the sun-dried tomatoes,
8. Top the spinach with the leeks and the sun-dried capsicums.

STANDARD RECIPE CARD

RECIPE NAME:

ASPARAGUS SALAD WITH CASTELLO CHEESE

QUANTITY PRODUCED :	FILE NO.:ITA 5	DATE : 3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Peeled and blanch	GREEN ASPARAGUS	1.5	KG		
	FACCACIO BREACHD	1	KG		
Pureed	GARLIC	30	GRAM		
	PAPRIKA	10	GRAM		
	OLIVE OIL	45	MLS		
Chopped	RED CHILLI	20	GRAM		
Cut in half	TOMATO	300	GRAM		
	BASIL	30	GRAM		
Whipped until creamy	CASTELLO CHEESE	450	GRAM		
	DOUBLE CREAM	200	MLS		
	BALSAMIC VINEGAR	60	MLS		
	RED LETTUCE	300	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
	SALT	15	GRAM		

PROCEDURE :

1. Chill the asparagus after blanching,
2. Coat th faccacio bread with the garlic, oil, paprika and chilli mixture before cooking,
3. Break or cut into triangles or pieces,
4. Whip the cheese and ad cream if needed,
5. Bake the tomato in a hot oven with the basil and seasoning until charred on top, cool.
6. Make a dressing with roasted garlic oil and some yellow capsicums,
7. Plate with the lettuce, 3 asparagus spears and the croutons,
8. Decorate with the oil, fresh herb and the tomato and top with the cheese cream

STANDARD RECIPE CARD

RECIPE NAME:

FRESH MARINATED TUNA WITH CHAR GRILLED ARTICHOKE

QUANTITY PRODUCED :	FILE NO.:ITA 6	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Steaks	TUNA	1.2	KG		
	OLIVE OIL	300	MLS		
Peeled	BROWN ONION	1.2	KG		
	LETTUCE	300	GRAM		
Cook	ARTICHOKE	750	GRAM		
	WHITE WINE	75	MLS		
	BALSAMIC VINEGAR	25	MLS		
	SOYA SAUCE	45	MLS		
Crack and roast	GARLIC	50	GRAM		
	FRESH ROSEMARY	30	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
	SALT	15	GRAM		
(Japanese mustard powder)	WASABI	15	GRAM		
	FRESH HERB	30	GRAM		

PROCEDURE :

1. Marinate the tuna steaks in white wine and olive oil,
2. Cook the artichokes in boiling salted water, and then they can be char-grilled,
3. Cook the onions in vegetable stock, salt and olive oil until all the liquid has evaporated,
4. Char grill the tuna adding some of the marinade while cooking, and keep warm,
5. Add the soy sauce, wasabi, olive oil and balsamic vinegar together to make the sauce
6. Place the tuna on the plate, lay along side the char grilled artichoke and sliced glazed onions.
7. Sprinkle with the dressing and add some fresh herb stalk

STANDARD RECIPE CARD

RECIPE NAME:

GNOCCHI DE ANGELO

QUANTITY PRODUCED :	FILE NO.:ITA 7	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Cook and mash	POTATOES	1.5	KG		
	FLOUR	1.5	KG		
	EGGS	3	EACH		
Grated	NUTMEG	5	GRAM		
	TOMATO	600	GRAM		
	OLIVE OIL	200	MLS		
Pureed	GARLIC	110	GRAM		
	SALT	15	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
Chopped	RED CHILLI	40	GRAM		
	FRESH HERB	40	GRAM		
	BUTTER	250	GRAM		

PROCEDURE :

1. Make up the gnocchi prior to service and keep refrigerated, making sure that the mixture is not too soft,
2. Blend the tomatoes into a sauce with the olive oil,
3. Reheat the gnocchi by sautéing in a frying pan with some butter,
4. Heat the tomato sauce in a pan and then add the gnocchi,
5. Add the garlic and chilli and season,
6. Toss once or twice and serve,
7. Top with a sprig of fresh herb.

STANDARD RECIPE CARD

RECIPE NAME:

PENNE VODKA

QUANTITY PRODUCED :	FILE NO.:ITA 8	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Cook al dente and mix with oil	PENNE NOODLES	1.2	KG		
	OLIVE OIL	200	MLS		
	SALT	25	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
	VODKA	400	MLS		
Sliced	ONION	300	GRAM		
	DOUBLE CREAM	250	MLS		
As a sauce	TOMATO	350	GRAM		
Grated	PARMESAN CHEESE	200	GRAM		
	FRESH HERB	45	GRAM		
	BUTTER	60	GRAM		

PROCEDURE :

1. Cook the penne al dente and coat with oil,
2. Make the tomato sauce base with the olive oil,
3. Add the onions to a pan with some butter, add salt and cook until clear,
4. Flambé with the vodka
5. Add the tomato sauce and the cream and reduce,
6. Add the penne and reduce further until a nice pink colour,
7. Add the parmesan cheese and check the seasoning,
8. Serve immediately and top with a fresh herb sprig,

STANDARD RECIPE CARD

RECIPE NAME:

EGGPLANT LASAGNA

QUANTITY PRODUCED :	FILE NO.:ITA 9	DATE :3/1/97
PORTION SIZE :	RESTAURANT :BANQUETS	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Blanched	EGG PASTA DOUGH	1,200	GRAM		
Sliced	EGG PLANT	900	GRAM		
Sliced	TOMATO	600	GRAM		
Sliced	ZUCCHINI	500	GRAM		
Sliced	ONION	600	GRAM		
	BECHAMEL	600	MLS		
Grated	PARMESAN CHEESE	250	GRAM		
Grated	CHEDDAR CHEESE	350	GRAM		
Puree	TOMATO	300	GRAM		
	OLIVE OIL	200	MLS		
Chopped	OREGANO	20	GRAM		
	SALT	15	GRAM		
Cracked	BLACK PEPPER	10	GRAM		
	FRESH HERB	45	GRAM		

PROCEDURE :

1. Lay some bechamel onto a tray and top with a sheet of pasta dough,
2. Brush and all the vegetables with olive oil, season and char grill,
3. Lay the vegetables into the lasagna interspersing with a pasta sheet and tomato flavoured bechamel,
4. Top with a final layer and coat with a cheese sauce,
5. Sprinkle with parmesan cheese and bake in the oven.
6. Lay some thin cheese sauce onto the plate and then the lasagna,
7. Add some tomato concasse and finish with a fresh herb sprig

STANDARD RECIPE CARD

RECIPE NAME:

FILLET DE BEKTI FISH

QUANTITY PRODUCED :	FILE NO.:ITA 10	DATE :3/1/97
PORTION SIZE :	RESTAURANT :BANQUETS	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Fillet and skin	CALCUTTA BEKTI	1.8	KG		
	PINK PEPPERCORNS	20	GRAM		
	GREEN PEPPERCORNS	25	GRAM		
	WHITE PEPPERCORNS	25	GRAM		
	WHITE WINE	90	MLS		
	FISH STOCK	550	MLS		
Diced	RED CAPSICUM	300	GRAM		
Diced	YELLOW CAPSICUM	250	GRAM		
	BUTTER	350	GRAM		
Chopped	FRESH HERB	30	GRAM		
	SALT	20	GRAM		
Cracked	BLACK PEPPER	15	GRAM		
Large dice and blanch	POTATOES	600	GRAM		
Sliced	CARROTS	500	GRAM		
Fleurettes	BROCCOLI	800	GRAM		
	OLIVE OIL	75	GRAM		
Crushed	GARLIC	30	GRAM		
	ROSEMARY	30	GRAM		

PROCEDURE :

1. Place the bekti in a pan with white, some olive oil, all the peppercorns and the fish stock,
2. Bake covered in the oven for about 15 minutes and remove the fish,
3. Reduce the sauce and thicken with butter,
4. Place the fish on the plate and top with the capsicums and vegetables.
5. Surround with the vegetables,
6. Sauté the potatoes with the rosemary flavoured olive oil, season and plate
7. Add a sprig of fresh herb

STANDARD RECIPE CARD

RECIPE NAME:

GALETTO AL FEFRI

OTHER NAME :

QUANTITY PRODUCED :	FILE NO.:ITA 11	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Cut into 1/4's	CHICKEN	1.6	KG		
	OLIVE OIL	350	MLS		
	WHITE WINE	350	MLS		
	BROWN STOCK	350	MLS		
Deep-fry	SAGE	90	GRAM		
Chopped	FRESH HERB	30	GRAM		
	SALT	20	GRAM		
Cracked	BLACK PEPPER	15	GRAM		
Large dice and blanch	POTATOES	600	GRAM		
Sliced	CARROTS	500	GRAM		
Fleurettes	BROCCOLI	800	GRAM		
	OLIVE OIL	75	GRAM		
Crushed	GARLIC	60	GRAM		
	ROSEMARY	60	GRAM		

PROCEDURE :

1. Marinate the chicken in olive oil, white wine, rosemary, black pepper and garlic,
2. Char grill til almost done and lay onto trays,
3. On serving place into the oven until they are finished.
4. Cook the potatoes in the rosemary and garlic flavoured olive oil,
5. Blanch and sauté the vegetables in butter for service, season,
6. Reduce the marinade until only 1/4 volumn, thicken with butter to get an amber sauce, season.
7. Serve with the vegatbles and potatoes, sauce and fresh herb garnish.
8. Add a sprig of deep-fried sage sprig on top of the chicken.

STANDARD RECIPE CARD

RECIPE NAME:

AGNELO ALLA GRIGLA

QUANTITY PRODUCED :	FILE NO.:ITA 12	DATE :3/1/97
PORTION SIZE :	RESTAURANT :BANQUETS	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	LAMB RACK	5	EACH		
	CHICKEN STOCK	1	LT		
	BUTTER	450	GRAM		
	DOUBLE CREAM	200	MLS		
	WHITE WINE	150	MLS		
Sprig	FRESH HERB	30	GRAM		
	SALT	20	GRAM		
Cracked	BLACK PEPPER	15	GRAM		
Large dice and blanch	POTATOES	600	GRAM		
Sliced	CARROTS	500	GRAM		
Fleurettes	BROCCOLI	800	GRAM		
	OLIVE OIL	75	GRAM		
Crushed	GARLIC	60	GRAM		
	ROSEMARY	60	GRAM		

PROCEDURE :

1. Clean the bones on the lamb and cut into two, so three ribs per portion,
2. Blanch and finish the vegetables in butter with seasoning,
3. Brush the lamb rack with garlic flavoured olive oil, salt and cracked black pepper,
4. Char grill the lamb until not quite medium,
5. Add into a pan the garlic with clarified butter, then the stock, wine and cream and reduce, blend.
6. Place the vegetables as a ratatouille style in the center of the plate,
7. Add the lamb rack and the sautéed potatoes in the garlic olive oil,
8. Surround with the reduced sauce, which has been thickened with butter,
9. Garnish with a herb sprig.

STANDARD RECIPE CARD

RECIPE NAME:

GINGER PARFAIT WITH RICCOTA CHEESE AND PEACHES

OTHER NAME :

QUANTITY PRODUCED :	FILE NO.:ITA 13	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Peel and small diced	GINGER	500	GRAM		
Whipped	DOUBLE CREAM	300	MLS		
	CASTER SUGAR	250	MLS		
Creamed	RICOTTA CHEESE	300	MLS		
Separated	EGGS	6	EACH		
Soaked in water	GELATINE	30	GRAM		
Tinned	PEACHES	550	GRAM		
	CLOVES	5	GRAM		
Whole	CINNAMON STICK	5	GRAM		
	ALL SPICE	8	GRAM		
Flaked	PISTACHIO NUTS	45	GRAM		
	MINT LEAF	10	GRAM		

PROCEDURE :

1. Cover the ginger with water and simmer down until all water has evaporated, puree
2. Make a parfait with the ginger puree and the eggs, cream, sugar and gelatine
3. Poach the peaches in water with the cinnamon, cloves, allspice and some sugar,
4. Reduce the liquid and let the peaches cool in the stock.
5. Cream the ricotta and fill the peach centers with this,
6. Place the parfait on the plate and add the two peach halves,
7. Sprinkle with chopped pistachios and a mint leave.
8. Serve

STANDARD RECIPE CARD

RECIPE NAME:

MARINATED STRAWBERRIES IN AMARETTO

OTHER NAME :

QUANTITY PRODUCED :	FILE NO.:ITA 14	DATE :3/1/97
PORTION SIZE :	RESTAURANT :BANQUETS	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
Picked and halved	STRAWBERRIES	850	GRAM		
	ICING SUGAR	350	GRAM		
	VODKA	300	MLS		
	SUGAR SYRUP	150	MLS		
	MASCAPONE CHEESE	550	GRAM		
	CINNAMON	5	MLS		
Sliced	ALMONDS	350	GRAM		
	MINT LEAVES	15	GRAM		

PROCEDURE :

1. One week before gently heat the vodka until warm and add chopped roasted almonds.
2. Let cool for the flavour to seep through
3. One day before trim and cut the strawberries and add the vodka, sugar syrup and icing sugar,
4. Let steep,
5. Whip the mascarpone cheese with a little cinnamon until creamy
6. Place the creamed mascarpone onto the plate,
7. Top with strawberries and then use the juice as the sauce around the plate.
8. Garnish with mint leaf and roasted almond flakes.

STANDARD RECIPE CARD

RECIPE NAME:

TIRA MISU

QUANTITY PRODUCED :	FILE NO. :ITA 15	DATE :3/1/97
PORTION SIZE :	RESTAURANT :	
NUMBER OF PORTIONS :10 PAX	SELLING PRICE :	

PREPARATION	INGREDIENTS	QUANTITY	UNIT	UNIT COST	TOTAL
	SPONGE CAKE	800	GRAM		
	WHOLE EGGS	6	EACH		
	CASTOR SUGAR	220	GRAM		
	DOUBLE ESPRESSO COFFEE	100	ML		
	KAHLUA / TIA MARIA	135	MLS		
	BRANDY	45	MLS		
	MASCARPONE	450	GRAM		
	PHILADELPIA CHEESE	200	GRAM		
	CHOCOLATE SHAVINGS	150	GRAM		
	COCOA POWDER	65	GRAM		
	DOUBLE CREAM	450	MLS		

PROCEDURE

1. Make up the soaking liquid by combining the coffee, Tia Maria and half a cup of sugar in a bowl.
2. Cut the sponge into strips and soak in this liquid.
3. In a large copper bowl, combine the eggs, 1/2-cup sugar, the brandy and 2 shots of Marsala.
4. Whisk this sabayon over boiling water till a thick ribbon is formed, then continue to whisk over the ice until cool.
5. Meanwhile beat the mascarpone and Philadelphia with an electric beater until light.
6. Very gently mix the two together taking care to keep the mixture light and fluffy.
7. Place half of the soaked sponge in a deep 25-cm serving bowl.
8. Sprinkle with half chocolate, and then spread half the sabayon and mascarpone mix over this.
9. Layer again the rest of the sponge, the remaining chocolate and the remaining sabayon mascarpone mix.
10. It should fill the bowl to the top. Top with whipped cream.
11. Sprinkle fresh sifted cocoa powder over the surface.

Important tips for making tira misu;

- Sabayon has to be cooked slowly, incorporating as much air as possible when assembling, all the ingredients should be very cold.
- When combining the sabayon and mascarpone be careful not to collapse the air out of the mixture.
- Sponge should be very moist before assembling the dish.

